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## FLU SEASON INTENSIFIES IN MARTIN COUNTY

Residents urged to get vaccinated and use prevention methods



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**Martin County, FL –** With the 2017-18 flu season in full swing and influenza activity increasing locally, across the state and the country, the Florida Department of Health in Martin County is urging residents to prevent the spread of flu by getting vaccinated and using good hygiene habits.

"The flu virus can make you very sick. Getting vaccinated and practicing good hygiene such as frequent handwashing is the best way to protect yourself and your loved ones," said Karlette Peck, Health Officer for the Florida Department of Health in Martin County.

The annual flu vaccine is safe and is the most effective way to protect yourself and your loved ones. The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention recommends people get injectable flu shots. This is especially important for individuals at high-risk for severe illness. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

It is also essential to practice good hygiene by properly and frequently washing your hands to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

For further information regarding influenza surveillance information, messaging and guidance, visit the influenza homepage at <http://www.floridahealth.gov/floridaflu>.

**About the Florida Department of Health** The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@GoHealthyMartin](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

To request a free flu prevention cling for your office, or to find out more information about the flu, log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

